Vipassanā-Sāra

JAARGANG 4

Nummer 1

September 1988

Vipassanā-sāra

betekent in het Nederlands "Inzichts-bode". De Vipassanā-sāra is een uitgave van de Stichting Jonge Boeddhisten Nederland (S.J.B.N.) en komt tot stand in nauwe samenwerking met de Stichting Buddhavihara. Doel is mensen die Vipassanā beoefenen van juiste en nuttige informatie te voorzien, daarnaast te berichten over de aktiviteiten in ruimere zin van het Boeddhisties Meditatie Centrum te Amsterdam (Buddhavihara).
De Vipassanā-sāra is bedoeld voor mensen die geïnteresseerd zijn in Vipassanā meditatie of in de verdere aktiviteiten van Buddhavihara, zoals o.a. de viering van boeddhistiese ceremonies en verschillende kursussen (Thaise les, Abhidhamma).

De abonnementsprijs is fl 10,- per jaar. U kunt zich als abonnee opgeven door bovengenoemd bedrag te storten op bank- of gironummer van de S.J.B.N. onder vermelding van "Vip.sara".

Samenstelling van de redaktie:
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Postbus 1519
3500 BM Utrecht

Postbank rnr. 52.32.118
bank (ABN) 55.51.05.563

Buddhavihara

Het beheer van het boeddhistiese meditatiecentrum Buddhavihara is in handen van de Stichting Buddhavihara. Mensen die het centrum en de aktiviteiten aldaar financiëel willen ondersteunen, kunnen een bijdrage storten op:

Postbank rnr. 22.37.503
t.n.v. "Buddhavihara",
Amsterdam
of: AMRO-bank rnr. 45.83.27.948
t.n.v. "Buddhavihara".
Adres bank: Dam 2, Amsterdam.
Postgiro bank: rnr. 2391

To our English readers:
Vipassanā sāra is in English 'Insight-magazine'. Our aim is to provide those interested in Vipassanā meditation with relevant and useful information, secondly to report on the activities of the Buddhist Meditation Centre in Amsterdam, Buddhavihara.

The management of the Buddhist Meditation Centre Buddhavihara is in hands of the Foundation Buddhavihara. Those who wish to support the centre and the activities there financially, may send their contribution to:

Postbank acc.nr. 22.37.503
mentioning 'Buddhavihara', Amsterdam.
or:
AMRO-bank acc.nr. 45.83.27.948
mentioning 'Buddhavihara'.
address bank:
Dam 2, Amsterdam.

Buddhavihara

The Most Venerable Somdej Buddhacariya (the former Chao Khun Bimaladhamma) is the patron of Buddhavihara and the teacher of the Ven. Phra Khru Kraisaravilasa (Mettaviharee). He has recently become Acting-Sangharaja which is the highest buddhist authority in Thailand and Chairman of the Council of Elders, the highest administrative council of the Thai Sangha. We hereby congratulate him and wish him all success in his new functions.

Zaterdag 1 oktober wordt de Vessantara-pūjā gevierd.
Deze ceremonie dankt haar naam aan het feit dat de Boeddha in een van zijn vroegere levens prins Vessantara geweest is, een prins die opviel door zijn vele goede daden.

Zaterdag 19 november is weer de viering van Loy Krathong ofwel het Thaise Licht-feest.
Daaropvolgend is Zondag 20 november de viering van de Kathina-pūjā. Deze ceremonie is vanwege het einde van de vassa of regenretraite van de monniken. Bij deze gelegenheid biedt men ceremonieël de monniken nieuwe monnikskleden en andere geschenken aan.

De Thaise les, zowel voor beginners als gevorderden, is momenteel op dinsdag en woensdag. Info: Buddhavihara.
De kursus Abhidhamma zal waarschijnlijk op de vrijdagavond plaatsvinden. Info: Buddhavihara of Aad Verboom.

Henk van Voorst is momenteel weer in de gelegenheid verder te gaan met de professionele video-opname van de Eerw. Mettaviharee Mahathera, ter gelegenheid van zijn 15-jarig verblijf in Nederland. Er zijn nog fondsen nodig, te storten op:
Postbank rnr. 37.45.56 o.v.v. "Video-vipassana" t.n.v. Henk v. Voorst, Utrecht.

MINDFULNESS IS LIKE A TIGER

Based on the transscription of a speech held by the Ven. Mettaviharee Mahathera during an intensive course of Vipassanā meditation, April 1988, Beek-Ubbergen.

When the retreat begins and you start to practise Vipassanā meditation it is very essential to know what you have to do, so that the retreat would be useful and benefit you.
You may have many impressions, many feelings, many ideas about what it is going to be like in the retreat and what the result of your meditation practice in the direction of Vipassanā meditation will be. Maybe these ideas or impressions would be wrong -- usually they are -- or perhaps something would happen according to your ideas or impressions. In the retreat however it is not necessary to get an impression at all, you may leave alone the ideas or impressions. Just be aware and recognize what is here and now. Practising Vipassanā meditation is to be aware of everything that happens to you here and now. You can find yourself very simply, being just the way you are, just the way you are in the way it really is. Not more, you don't have to do more, just to be the way it is.

At the same time a meditator in the retreat makes no escaping. There may be many things that are undesirable according to your own feeling, according to your habit, especially according to your favour or your choice. But then you don't try to escape, you allow things to happen the way they want, not the way you want. If you can accept them then you're not going to have any problem in your retreat, you're going to have a good time. But if you reject them, or if you deny them, then you'll have a hard time. This has also something

to do with human nature, we're always searching, looking, wanting and disliking. In the meditation retreat using the Vipassanā technique one has no choice, there will be no favour for anything to be. Just the way it is. Nothing more than that. So that a lot of things can happen. If you're present, if your mind is present with the moment, what is happening to you, there will just be a lot of naming and noting according to the meditation technique. There is much to be seen, more to be done and a lot to be understood at the same time.

Now, if the mindfulness is not established on one of the foundations, then you'll miss something. And if the foundation of mindfulness is not strong enough, there will be a lot of missing too, which will make you unhappy all the time.
Because you are not clear about what is happening things go wrong. Something may come in you, but you don't know. Ignorance. Many things may happen that you cannot manage. Then these things have power in you, the power that we call karma.

Therefore the time of retreating is the time that you can make this mindfulness substitute your self. Why do you have to substitute your self? Because the thought has the tendency to get into feeling and then the feeling will eat you. So in a meditation retreat you do not allow yourself to be eaten by feeling. Instead of the feeling eating you, you eat the feeling. You eat the object and then you're not going to be hungry any more, especially because you have a lot to eat.
As I have said many times 'mindfulness looks like a tiger'.
Has anyone of you ever seen a tiger, not a tiger in the zoo ofcourse but a wild one? No? Does anyone know what the food of a tiger is, what a tiger eats? That's correct, other animals. And how does he get them? No, he doesn't chase other animals, never. A tiger hides. You know, the other animals are very sensitive for tigers, they run away. And the tiger is a very big animal, easily seen by the smaller animals. So when they see a tiger, they are afraid and run away or hide.
The tiger is a big animal and in order to get his food, that means other animals, he has to go into hiding. He has to have a base where the little animals pass by so that he can catch them. So I am not talking about the tiger in the zoo, because they bring food to him, but the tiger in the forest. Nobody is going to bring food to him and he is hungry, he must eat.

So your mindfulness must remain like the tiger, a hungry one. When you're hungry, you don't think any further, you have to eat, you have to look to get something to eat. That's all.

You have to see your mindfulness in the same way: your mindfulness is hungry to get an object. All the objects can be compared to the little animals so mindfulness must be able to remain, not to run or to go on sightseeing. Just to remain, because everywhere there are objects like in the forest there are other animals everywhere. After some moment there will come an animal. So you have to be able to remain in the place where you can get the object.
In the same way we therefore need a retreat for this. You have to be in one little room to be able to look how the thought comes, how the feeling comes. Because they are food, they are meat eaten by your mindfulness, you catch it, you make a note. By just one note you get one piece of meat or one meal, a lot of noting makes you healthy.

Meditation-activities

Amsterdam
Maandag 18.00 - 20.00 uur
Adres: Buddhavihara,
St. Pieterspoortsteeg 29
Weekends: 21/22/23 oktober
Tijden: vrijdag 20.00 uur
zaterdag 9.30 / 14.00 / 20.00
zondag 9.30 / 14.00 uur
Plaats: St. Pieterspoortsteeg 29
Kosten: fl 75,- voor het hele weekend + een eventuele vrijwillige bijdrage voor de leraar en/of het centrum.
Het is mogelijk in Amsterdam te overnachten, in het centrum (a fl 15,-) of bij een van de meditatoren, neem s.v.p. wel een eigen slaapzak mee.
Belangrijk: beginners worden geacht het gehele weekend mee te doen!
Info en aanmelding:
Vipassanā meditatie Centrum,
(Buddhavihara) 020-264984
Aad Verboom 030-888655

Groningen
Maandagavond 20.00 - 22.00 uur
Adres: bij Paul en Sietske Boersma, Korreweg 226A.
tel. 050-716083.
Weekends: 28/29/30 oktober met de Eerw. Mettaviharee Mahathera en 9/10/11 december.
Plaats: Parallelweg 38/39.
Info: Hein en Sandra
050-417184

Leiden
Dinsdag 19.15 - 21.15 uur
Adres: Faljerilstraat 8
Info: Nel 071-154862
Han 01719-17424
N.B. Iedere 1e dinsdag van de maand is de Eerw. Mettaviharee Mahathera aanwezig.

Utrecht
Donderdag 21.15 - 22.30 uur
Adres: Sterrenbosch 9bis
Info: Henk 030-520023
Aad 030-888655

Tilburg
Donderdag 20.00 - 22.30 uur
Adres: meditatiecentrum Hoefstraat 217.
Weekends: 7/8/9 oktober met de Eerw. Mettaviharee Mahathera en 25/26/27 november met de Eerw. Jhananando.
Plaats: meditatiecentrum Hoefstraat 217.
Kosten: een meditatieweekend kost fl 60,-, met 2 warme en broodmaaltijden fl 75,-.
Je kunt overnachten als je wilt.
Info: 013-366570

Brussel
For information please contact:
Alain Theate,
Rue Coloniale 52
Watermael - Boisfort
Brussel, Belgie.
tel. 2.660.41.23.

Retreats

Van 27 december tot en met 22 januari zal er een intensieve meditatie retraite gehouden worden onder begeleiding van de Eerw. Mettaviharee Mahathera.
Het is mogelijk korter te blijven dan de volle 26 dagen. In dat geval zijn er vier mogelijke startdata, nl. 27 december en 2, 7 en 17 januari.
Het minimum is vijf dagen, beginners wordt geadviseerd te starten op 27 dec, in verband met de opbouw van de begeleidende lezingen van de Eerw. Mettaviharee Mahathera.
Plaats: de Volksabdij te Ossendrecht.
Kosten: fl 45,- per overnachting.
Assistent-leraar: Johan Tinge.
Aanmelden voor 1 dec. bij:
Henk v. Voorst,
Rotsoord 24
3523 CL Utrecht
tel. 030-520023

Na uw aanmelding wordt uitgebreide informatie toegestuurd.